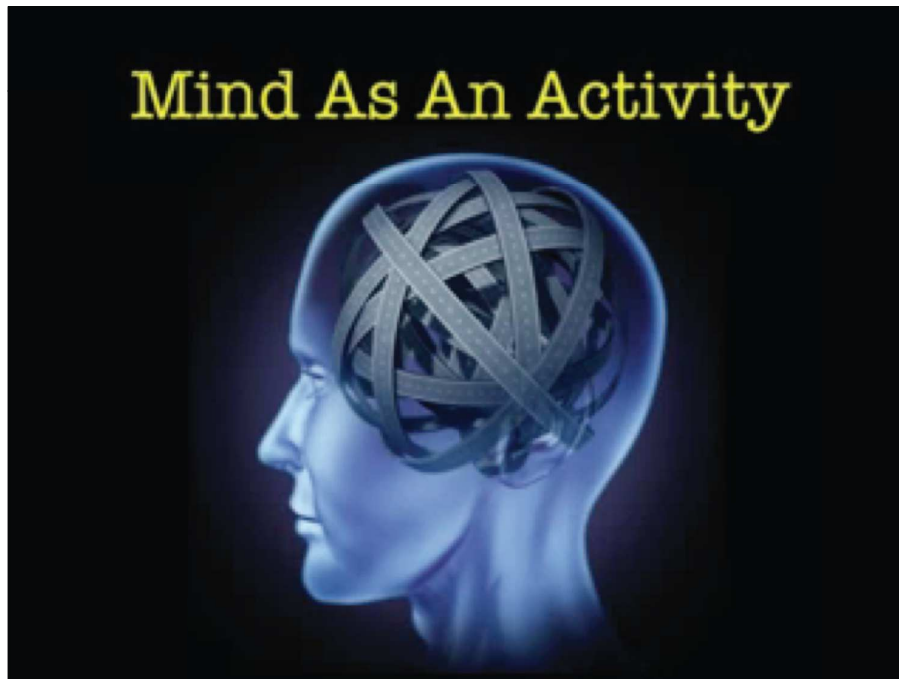



WHO ARE WE ?

❖ We are Organisms in an Environment


- 1. METABOLISM :**
Life sustaining process;
- 2. CONSCIOUSNESS :**
Experiencing the Environment through 5 physiological senses;
 - SIGHT
 - HEARING
 - SMELL
 - TASTE
 - TOUCH

© BTAN. REVIEW: MIND & BODY Slide 2





MIND AS AN ACTIVITY



THREE PARTS OF MENTAL EXPERIENCES:

- **Viññāna** : **Process of Perception** ("perception")
 - what was perceived through the sense organs;
- **Mano** : **Cognitive Process** ("cognition & conception")
 - categorized interpretation of perception giving meaning ("nāma") to what was perceived ("rūpa");
- **Citta** : **Affective Process** ("mood / temperament")
 - emotional reaction ("tanhā") to pleasant & unpleasant feelings ("vedanā") is emotional excitement that leads to mood or temperament (emotional state of mind);
 - personalizing the experience leading to the notion of a self-centered existence.

© BTAN. REVIEW: MIND & BODY Slide 4



VIÑÑĀNA



- We do not have a thing called the "mind"
- We only have a thing called the "body"
- The Buddha used 3 words to refer to what is called the "mind" - Citta, Mano, Viññāna
- These are 3 activities of the body
- VIÑÑĀNA is the reaction of the senses to stimulations from the environment
- VINNANA is incorrectly translated as "CONSCIOUSNESS"
- It is really "PERCEPTION"

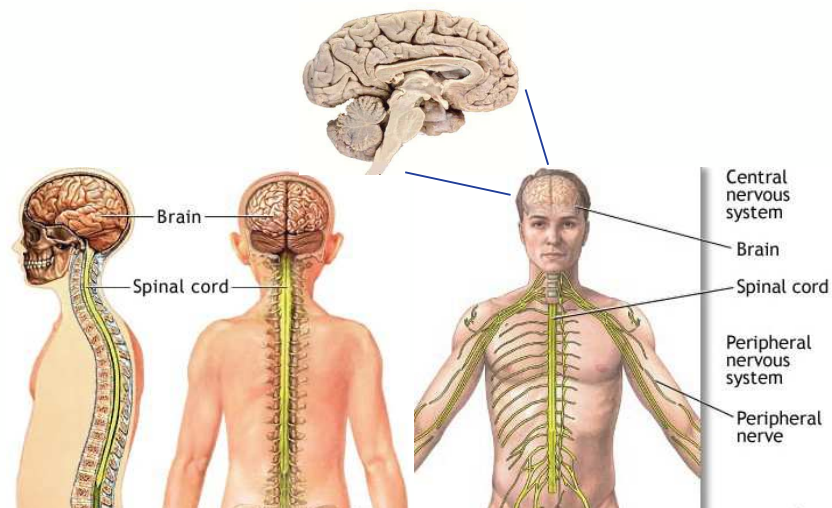
© BTAN.

REVIEW: MIND & BODY

Slide 5



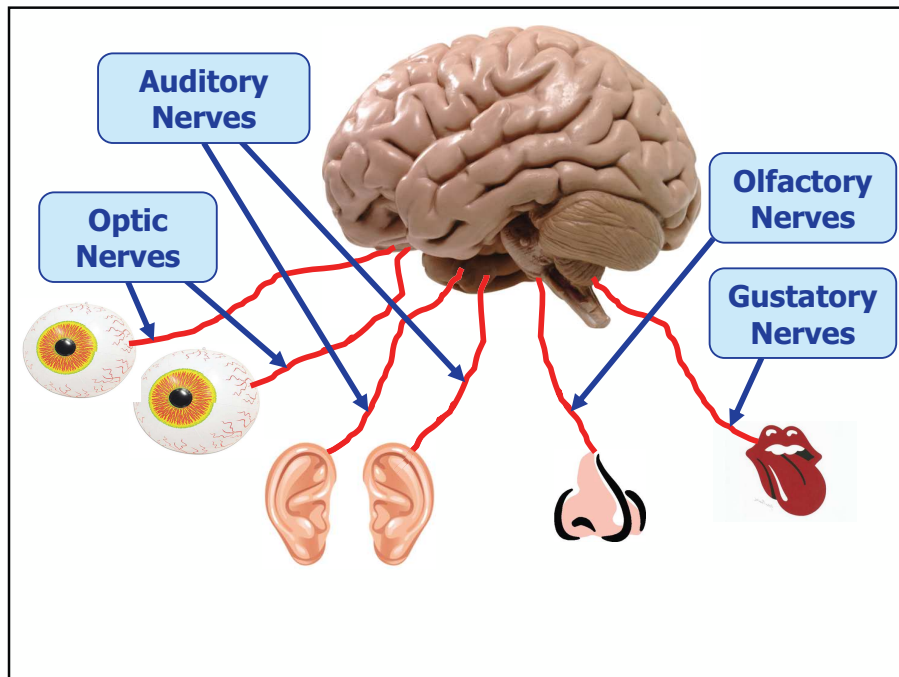
CENTRAL NERVOUS SYSTEM





© BTAN.

REVIEW: MIND & BODY

Slide 6



 **OUR EVOLVING BRAIN** 

Our brain evolved over millions of years into **3 main layers**:

HUMAN BRAIN

A cross-section diagram of the human brain. The Cerebral Cortex is the outermost layer, colored yellow. The Limbic System is a darker red structure below it. The Brain Stem is the base of the brain, colored brown. The Spinal Cord is shown extending downwards from the brain stem. Arrows point from the labels to the corresponding parts of the brain.

Cerebral Cortex
("Learning Brain")

Limbic System
("Emotional Brain")

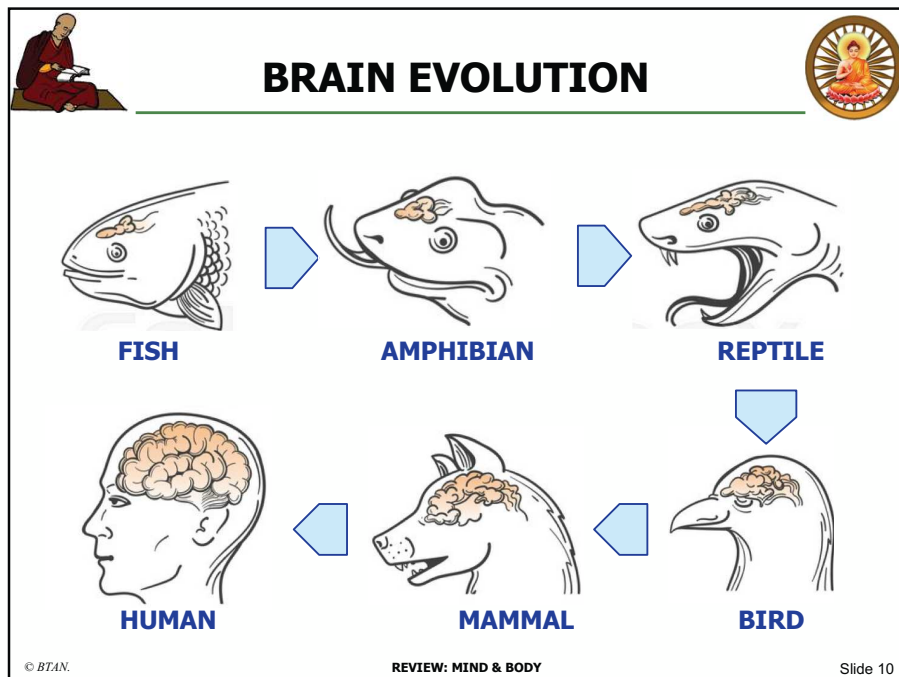
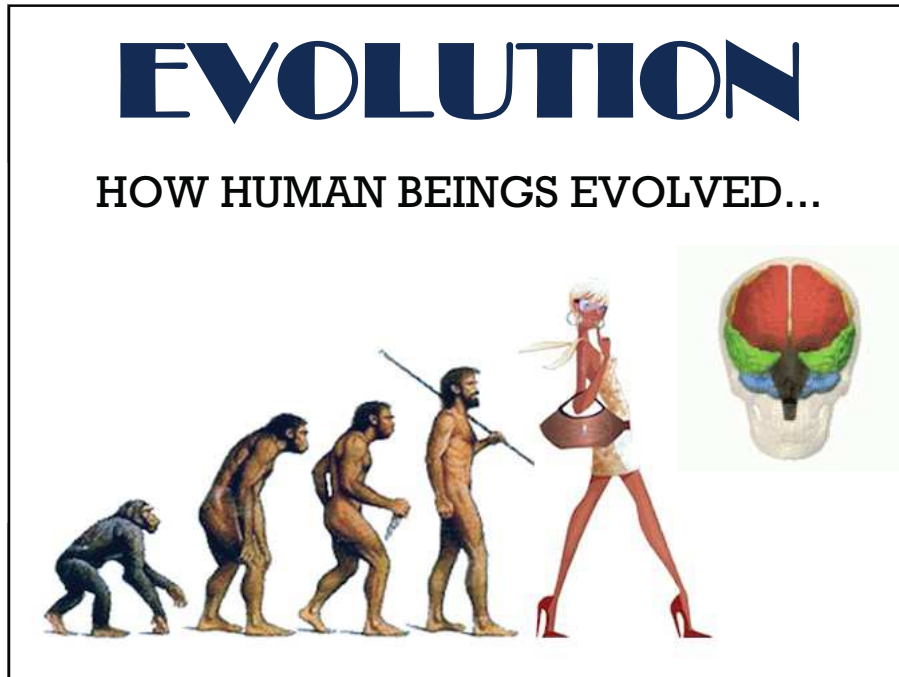
Brain Stem
("Survival Brain")



Spinal Cord

© BTAN

REVIEW: MIND & BODY

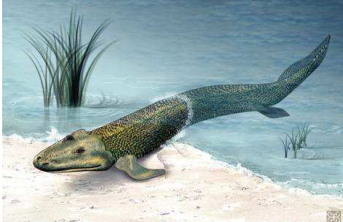

Slide 8







ORIGIN OF LAND ANIMALS

- > 380 million years ago, no fossil records of 4-legged land animals;
- Animal life only existed in the oceans as all kinds of sea creatures;
- Earliest 4-legged land animals appeared 360 million years ago;
- Scientists believe there had been a "missing link";
- "Missing link" was thought to be a fish which developed legs;
- In 2004, a group of scientists headed by Neil H. Shubin found the fossils of this "missing link" dating back to 375 million years – they named it "Tiktaalik".



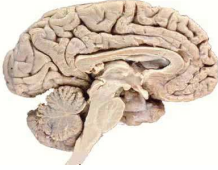
© BTAN. REVIEW: MIND & BODY Slide 11




OUR EVOLVING BRAIN

Our brain evolved over millions of years into **3 main layers**:


- 1. Brain Stem ("Survival Brain"):**
 - Most primitive part formed at the top of the spinal chord – it governs autonomic (involuntary) physiological functions such as heart-rate, respiration, digestion, blood pressure, etc. **to keep us alive;**
- 2. Limbic System ("Emotional Brain"):**
 - Middle layer coordinating sensory reception, memory, emotional arousal, and unconscious emotional reactions:
– **our emotional command center;**
- 3. Cerebral Cortex ("Learning Brain"):**
 - Newest part processing perceptual awareness, attention system, language, logic, reasoning, learning, and decision making:
– **our thinking & learning center;**



© BTAN. REVIEW: MIND & BODY Slide 12



PERCEPTION & CONSCIOUSNESS (*Viññāṇa*)




SENSE PERCEPTION:

1. **Cakkhu-viññāṇa** – Eye perception (seeing)
2. **Sota-viññāṇa** – Ear perception (hearing)
3. **Ghāna-viññāṇa** – Nose perception (smelling)
4. **Jivhā-viññāṇa** – Tongue perception (tasting)
5. **Kāya-viññāṇa** – Body perception (touching)


CONSCIOUSNESS:

6. **Mano-viññāṇa**
 - Consciousness, Cognition (Re-cognition)
 - Conception (Categorization)
 - Thinking (Intellect)

© BTAN. REVIEW: MIND & BODY Slide 13

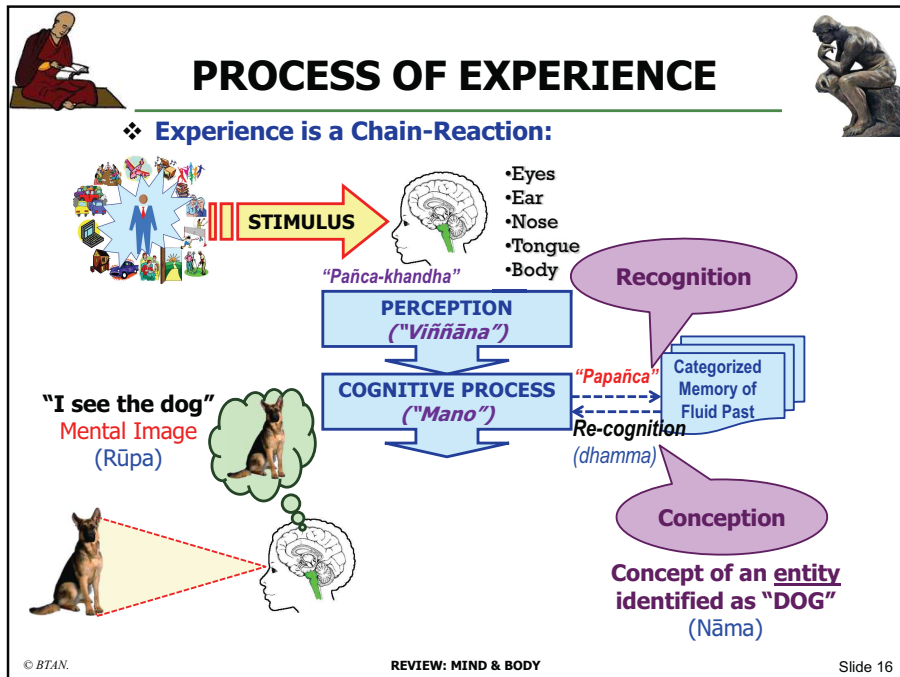
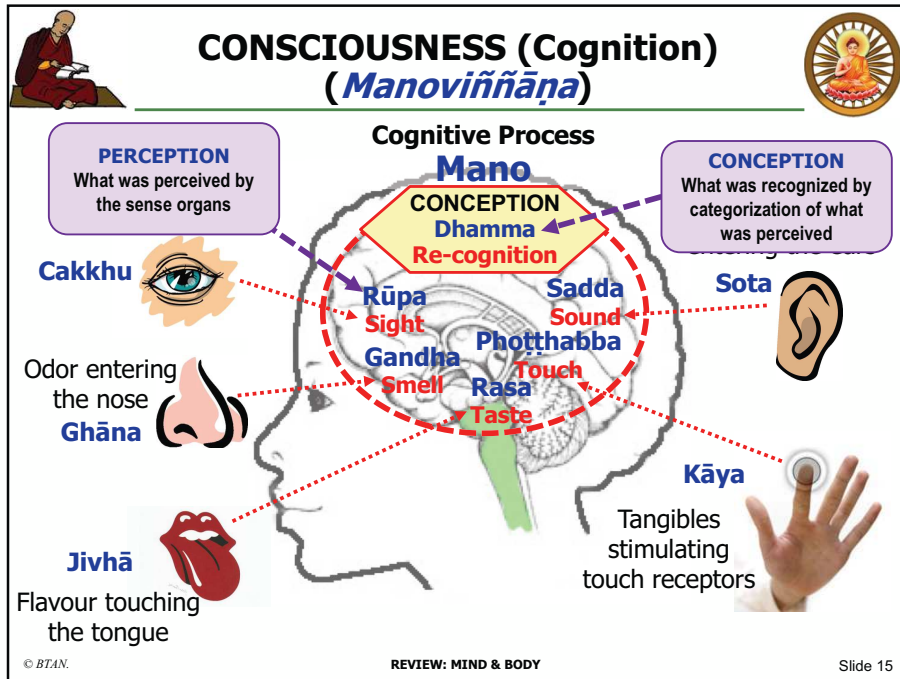



MANO – COGNITION




- Each sense produces different sensory information
- MANO collects all the different sensory information and puts it all together
- MANO compares it with past experience, and gives a meaning
- MANO is not another person there, it is the brain itself

© BTAN. REVIEW: MIND & BODY Slide 14





CITTA – AFFECTION




- Once a meaning is given (by MANO), an emotion is aroused
- CITTA is the emotional part
- According to the emotion that is aroused, an action takes place in the form of speech or behaviour
- That is KAMMA
- There are consequences to the action - VIPAKA
- All this is the reaction of the body (organism), there is no person doing it


© BTAN.

REVIEW: MIND & BODY

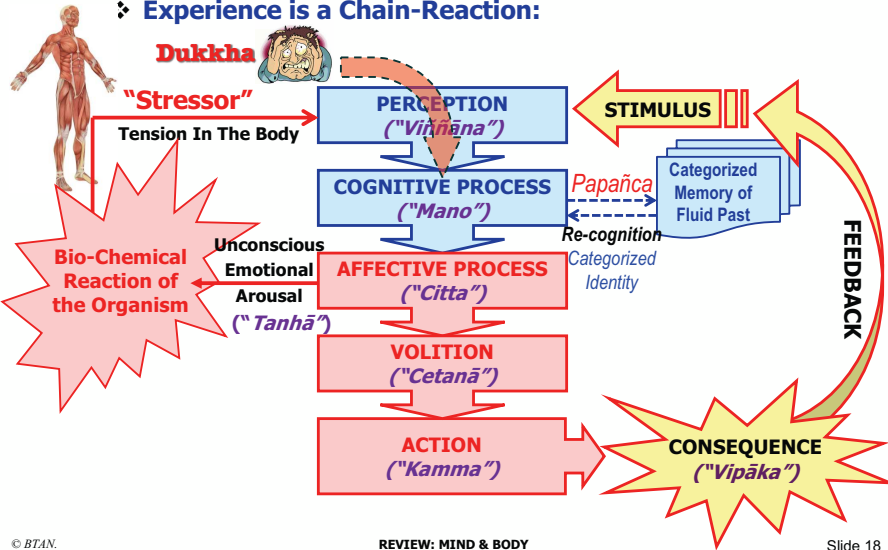
Slide 17



PROCESS OF EXPERIENCE



‣ Experience is a Chain-Reaction:



The diagram illustrates the process of experience as a chain reaction. It starts with a **Stressor** (Tension In The Body) leading to **PERCEPTION ("Viññāna")**. This is followed by the **COGNITIVE PROCESS ("Mano")**, which involves **Papañca** (Categorized Memory of Fluid Past) and **Re-cognition** (Categorized Identity). The next stage is the **AFFECTIVE PROCESS ("Citta")**, which leads to **VOLITION ("Cetanā")** and finally **ACTION ("Kamma")**. The action results in a **CONSEQUENCE ("Vipāka")**, which then feeds back into the process. A **Bio-Chemical Reaction of the Organism** (Unconscious Emotional Arousal ("Tanhā")) is also shown as a result of the affective process. A **STIMULUS** is also shown as an input to the perception stage.

© BTAN.

REVIEW: MIND & BODY

Slide 18



QUESTIONS ?

Download Presentation Slides:
www.tiny.cc/review01

For updates, videolinks, mailing list: billy.tan@hotmail.com
Join "Relax & Introspect" whatsapp group: 012-393 1823